

CALIA Dress Collection: Performance, Comfort, and Everyday Style

Introduction

The modern active wardrobe increasingly calls for clothing that can move between exercise and everyday plans. The [CALIA](#) dress collection is presented around this idea, combining performance-oriented fabrics with silhouettes designed for activities such as yoga, running, travel, and casual wear. The collection page highlights moisture-wicking materials, built-in support, breathable construction, and versatile styling.

Performance Fabric and Construction

The Essential Studio Dress uses a four-way stretch moisture-wicking fabric blend made from 87% polyester and 13% spandex. The collection information explains that the polyester blend is intended to move perspiration away from the skin, while spandex provides stretch and shape retention. Flat-locked seams are also used to reduce chafing during repetitive movement.

Support and Breathability

The Essential Studio includes a built-in shelf bra with removable cups, while strategic mesh panels at the back and sides provide ventilation. The page also lists UPF 50+ sun protection for the dress. These features are designed to combine coverage, support, and airflow in a single garment.

Styles for Different Activities

The collection describes three main dress approaches. Essential Studio offers a closer athletic fit and medium-impact support. Flow Tank emphasizes lightweight construction and breathability for running and cardio. Anywhere Midi provides a more relaxed silhouette suited to low-impact movement, travel, and casual lifestyle wear. Choosing between them depends on activity, preferred fit, and desired coverage.

Fit and Sizing

The dresses follow standard women's sizing from XS through XXL. The collection recommends using the detailed size chart for bust, waist, hip, and length measurements. Customers between sizes may prefer sizing up in the fitted Essential Studio for additional coverage, while the Anywhere Midi is described as true across its measurements.

Care and Maintenance

To preserve technical fabric performance, the collection recommends machine washing in cold water on a gentle cycle and avoiding fabric softener. The built-in foam cups should be removed before washing. Tumble drying on low heat or line drying helps protect elastic components and shape. The page also recommends washing athletic dresses inside-out in a mesh garment bag.

Everyday Versatility

A major advantage of active dresses is the ability to simplify an outfit while retaining useful performance features. Built-in support and attached shorts or liners can reduce the need for multiple layers, while pockets on selected styles provide practical storage. The result is clothing that can transition from an active setting to casual daily activities.

Conclusion

The CALIA dress collection brings together athletic construction and everyday versatility. Moisture-wicking stretch fabrics, integrated support, ventilation, functional storage, and multiple silhouettes give shoppers several options for different activities and preferences. By selecting a style according to activity level, fit, and desired support—and following the recommended care instructions—wearers can get the most from the collection.